



Your college connection
Spike's regular weekly publication begins Sept. 20. Stay informed!

SPOKE

A LEARNING NEWSROOM FOR JOURNALISM STUDENTS



Senders take flight
End your year and try out for a variety team
Page 33

Seek help if stressed

By JAMES HAY

From the first day classes begin, stress is an existing experience.

Moving to a new city, meeting new friends and starting a new program are just some of the things students expect to do during this time of year.

However, these new experiences can also create stress. Balancing the challenges of coursework and personal responsibilities is just one of the more common sources of stress among students.

"Students often feel overwhelmed with the college experience," said Beth Kraker, a counselor at the Dean's Center. "They must learn to cope."

Managing the many pressures and conflicts with classmates are other common sources of stress. Students also develop poor sleeping habits and decreasing focus, which stresses the problem.

Stress can lead students to

destructive behavior which can threaten both their academic standing and their lives.

Kraker's book, *Stress Management*, offers tips on dealing with stress and alcohol, and Kraker "insists on reducing the stress that creates these problems."

When it comes to dealing with stress properly, there are many things students can do. Simply taking a moment to take a break, go outside, exercise and deal with stress. Counseling services at Gonzaga College offer both academic and personal counseling to students at no charge. Exercise and eating healthy foods can also help students relieve stress.

"Managing your education and your life can also be very helpful for students," said Kraker.

If you would like to talk to a counselor, go to Room 1A100 at the Dean's Center at 515-745-5028, ext. 1060.

FITTING IN SOME FITNESS



Photo by Lisa Snyder

The Gonzaga College recreation center is a great place to relieve stress or get in shape. Along, last fall, works out on an elliptical trainer. For story and additional photos, see Page 16.

PRESIDENT'S MESSAGE

It's an exciting time at the college

Welcome to a new academic year that will be both both for you and the Gonzagans.

We have just opened a new skills center in Ingalls and our new system at the Waterloo campus - one for meeting skills education and the other dedicated to the HVAC industry through the Waterloo campus. We will be working in the new expansion to the School of Health and Life Sciences in Reno, plus the new home for the School of Engineering Technology and the final processing industry training center in Cambridge.

It is an exciting time to be at Gonzaga. We are in the very best of times, but if I may I'd like to tell you some more about that will work well for you, no matter how busy your lives become.

At Gonzaga, if you make materials your primary goal and apply yourself towards them, you'll find that all of us here - faculty, staff and administrators - will make every effort to assist you in reaching that goal.

Here, you will gain valuable knowledge and skills to prepare for the world beyond Gonzaga. Our faculty members have considerable experience in their respective fields and hold a variety of awards for their programs.

As you pursue your education, however, don't forget that there can be many other experiences for you at Gonzaga, variety and extracurricular activities, activities and events sponsored by Gonzaga students. For example, clubs and groups and even professional organizations appreciate being linked to your education. As you students and personal development will reach your education.

It is indeed an exciting time to be at Gonzaga, and all of us are delighted that you are here to be here. Keep your vision a clear guide when you have been told that many people and benefits a college education offers. (Gonzaga reveals you. That makes for a great year.

John Trites,
President, Gonzaga College

If an apple a day doesn't work, visit a campus doctor

By JAMILL SCHWARTZ

Just because you've moved away from home and are longer able to have on your parents doesn't mean that you won't get sick or feel ill and need to see a doctor.

However, even though you may be far from your usual physicians, Student Health Services has you covered.

"Every student at Gonzaga is welcome to use the Health Services Center, which has currently been a family doctor," said "Chastelle" Kinsley, vice president of the Student Health Services at the Dean's Center. "The Health Center operates like a regular family doctor's office. Most services are covered under CHSP. There are some services not covered under CHSP such as doctors' visits and dental services. These services are covered by payment of the fee of the visit."

International students are also permitted to use Health Services provided they are

covered under the International Student Health Insurance Plan. Available at Health Services are:

- Annual checkups or third party physicals
- Urgent and emergency medical care and treatment (a new chronic condition is not covered)
- Prescription refills
- Allergy consultations
- Pregnancy testing
- X-ray treatments
- Doctors' notes
- Sexual health and lifestyle issues (e.g., smoking, stress management, birth control, alcohol or drug abuse)

There are currently two doctors on staff who are available for appointments each week with hours that vary from work to work. Students must make an appointment but are usually seen quickly. Doctors may refer patients to a specialist if they are unable to treat them there.

This past year, Health Services organized the Healthy Living Challenge

2002 which covered nutrition, physical activity, stress reduction and environmental awareness. Students participated in fitness activities each week and collected stamps on their healthy living passport that earned them prizes for a draw.

"We hope to continue with this challenge annually," said Kraker.

Last year also brought some challenges for Health Services in the form of H1N1.

"H1N1 posed a great threat to our population this past year," said Kraker. "An information website was developed (and) posters were posted around the campus along with hand sanitizers. We also provided H1N1 vaccines along with seasonal flu shots along with a variety of other services for all staff and students."

Now, Health Services is healthy and vibrant and the office stays pretty busy and doctors are, on average, 20 people per day. Usually the appointments are scheduled, but Health Services does take

walk-ins and can sometimes accept a student on an emergency basis.



Photo by Lisa Snyder

Although Health Services offers many options for students, there are limitations related to birth control services such as pill prescriptions or condoms.

Student Health Services is located in Room 1A100 at the Dean's Center and opens Monday to Friday from 9 a.m. to 4 p.m. Call 515-745-5028, ext. 1078 to learn more or schedule an appointment.

Health Services offers a convenient service to students who may not be able to seek medical treatment while away at school," said Kraker. "We have a staff of six physicians."

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What advice would you give
first-year students?



"Get involved."

Tim Grubbs,
student leadership
council

"Don't slack."

Kathryn Behrens,
journalism post



"Go to class."

Mike Bault,
business engineering
technology

"Support the cafeteria.
Bring your lunch."

David Green,
law and security
administration



"It's not high school
anymore."

Jon Harkness,
architecture construction
engineering technology

Brian Conestoga, you could be our next columnist

Respect Campaign continues to grow

By MICHAEL KAMMERER

The Conestoga community is welcoming, inclusive and respectful and even that is no small part to the Respect Campaign.

The campaign was designed to make people aware of how much of an impact being disrespectful has on others and to encourage students to treat each other respectfully.

"We try to provide an opportunity for all students to feel respected and welcomed and included here, and the only way we can do that is with commitment and help from students," said Ryan Connell, student life programmer.

The Respect Campaign

applies their message through video presentations given in classrooms, displays at various college events, and school events, such as Cultural Diversity Week.

The Respect Campaign gave 122 Respect video presentations last year, which almost doubled the impressive numbers from the first year. "The campaign is looking off to third year with the addition of five new Respect leaders."

"Students are able to learn from other students. It's such a great leadership and development opportunity," said Connell about the leaders.

They are Delinda Goss, secretary and former secretary Danella Hughes, representa-

tive therapist, Jason Paul, public relations, Marissa Young, early childhood education and Ross Kucharski, police lieutenant.

"They're such a passionate team who really truly believe in the Respect Campaign's message, and have to some way been impacted by it in the past year," said Connell.

The leaders will be giving the campaign primarily to facilitate video presentations, but also to form a Respect student committee, host displays and talk to students.

For more information on the Conestoga Respect Campaign, or to find out how you can help, go to www.conestoga.ca/intercept.

STUDENT STUFF



Counsellor's Corner

Welcome from Counselling Services

To those students who are beginning their college career at Conestoga, welcome! Right now you are probably excited about opportunities to learn more about your area of study, meet other students and just find your way around campus.

We encourage you to take advantage of the many services that Counselling Services have designed to help you be successful. Professionally trained counsellors can help you resolve barriers that stand in the way of you reaching your educational goals. Arrange to see a counsellor if you have academic or personal concerns during your time at Conestoga. Groups and workshops are offered for such issues as performance anxiety, stress management and relaxation. Counselling is free, voluntary and confidential. We can also refer you to other College and community resources that can help.

To those students who are returning for another semester of study, welcome back! We hope the coming term provides fresh ideas and challenges, new friends and activities and brings you closer to your academic goals! Come and see us in Counselling Services if we can help in any way.

Counselling Services; 1A101
Student Life Centre

www.conestoga.ca/counselling/

WWW.COM TS.COM

1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677, 2678, 2679, 2680, 26

BREAK FREE AT
THE POND PARTY

WEDNESDAY FREE BBQ
SEPT 08.2010 11AM-2PM

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There's lots to do in the K-W area

By MICHAEL BROWN

Welcome to K-W

We're out Thunder Bay, Kingston or Windsor. We're definitely not London. We're better than all of those other

Have you ever been coming down the Grand River?

Have you been to the Chippewa Ski and Summer Resort? What about Kitchener Memorial Auditorium?

Three years, Kitchener Rangers were a delight to watch with the likes of Jeff Skinner, Brendan Maxwell and captain Glen Kelly leading the team into the OHL playoffs. This year, the Rangers' season will get underway around the middle of September. The arena they play in is called The Kitchener Memorial Auditorium, or The Aud.

Located at 600 East Ave., The Aud opened in 1981, and has since hosted the Memorial Cup four times. The Don Cousens arena, the one that the Rangers play in, was built in 1988.

It's the one theatre in the area where you need a car to get there, but it's worth it. Regular admission is \$11 per person, but when they open for seven days a month, Thursdays will be only \$5, and Thursdays are known as car-free nights, where you'll only pay \$5 per vehicle. The arena will be playing until around Thanksgiving.

So load up your car, truck, or whatever it is you use to get around, and wait, get around. See what our venue has to offer when you find the time.

You won't regret it.

While you're there, catch a movie at the Oakley Centre before heading out for some dinner, including at the Frederick James, located at 200 Frederick St. At Frederick, it'll cost you a few dollars for the show and lunch, and then you've got yourself a great night ahead of you.

Then there's Encore Studio 12. Located at 185 Gateway Park Dr., Kitchener, you can trust yourself to great service at competitive prices and comfortable seating that is made well over 100 comfortable as what's offered at the Platinum Theatre. Theaters outside of Guelph.

It's the one theatre in the area where you need a car to get there, but it's worth it. Regular admission is \$11 per person, but when they open for seven days a month, Thursdays will be only \$5, and Thursdays are known as car-free nights, where you'll only pay \$5 per vehicle. The arena will be playing until around Thanksgiving.

So load up your car, truck, or whatever it is you use to get around, and wait, get around. See what our venue has to offer when you find the time.

Welcome to Conestoga College!

Are you a first year student, in the first semester of your program?

Is your parent or guardian a graduate of Conestoga?

WELCOME HOME AWARD

You may qualify for the Welcome Home Award, sponsored by the

Alumni Association of Conestoga.

Visit us online

<http://www.conestogac.on.ca/alumni/association.jsp> and complete the application form and drop it off at the Alumni Services Office, 2nd floor, Student Client Services Building (same building as Registrar's Office).

Connect Leadership Workshop Series

www.conestogac.on.ca/leadership

Explore your leadership potential!

FREE!

Co-curricular record of achievement on your transcript!

Enhance your Portfolio!

Get Involved!

Meet new people!

Sign up on the Student Portal! Registration opens Tues.

Student Life

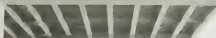
Anything But Clothing
Pub Night commences at
9:00pm on **Thursday,**
September 9th, 2010
in the **CNI Student Sanctuary**
tickets coming **just \$3.00**
each can be purchased in the
CNI Self-Serve Area Room
2A108 **Advance Sales**
Only. This is an **All Ages**
Event, although Proper I.D.
& Student Cards are required

We suggest using a creative
mind while selecting wear-
able options to attend this con-
troversial event. **Please be**
sure not to overlook
everyday wearable
items including, but not lim-
ited to: newspapers, garbage
bags, shirt tags, cardboard boxes,
or bedsheet, caution tape, etc.
We look forward to
seeing you and your
questionable fashion.

Anything But Clothing

September 9th, 2010 Doors at 9.00pm
3.00 Advance Sales Only Room 2A108
PUB NIGHT

ALEXISON FIRE

SATURDAY 18
SEPTEMBER

CONESTOGA
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Outdoor Concert

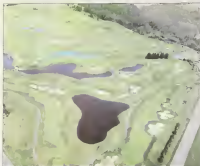
\$15.00
ADULTS\$20.00
at 15000

6.00PM
ALL 303

VISIT:

1. The proposed policy is not consistent with the current policy.

[illegible]



Above: Green Valley Golf Course as seen from the air, below: Greenidge College



Student Life
 The Student Life Center is a place where students can find all the resources they need to succeed in college.



PHOTO COURTESY

OFF TO A FLYING START

Greenidge College has partnered with Great Lakes Helicopters to offer students the option of gaining their commercial helicopter license as part of the general arts and sciences education program starting this September. Students who want to be the next helicopter pilot will have the same academic requirements as those in fixed-wing aircraft, but will complete their training through Great Lakes Helicopters instead of the Wisconsin-Milwaukee Flight Center. Both are located at the fields at Milwaukee International Airport. Above, journalist photo producer Nicole Hannusch, center, received a helicopter ride thanks to a ride in one of the company's helicopters. She photographed this unique training point for topics. She was accompanied by Mary-Lynn Gaskin, left, administrative assistant for the School of Liberal Studies and Communications, who has been involved in arranging the negotiations with Great Lakes as well as photographing the "taping" day for the new program, and Kerry Thomson, coordinator of the student program.

PHOTOS BY NICOLE HANNUSCH



Helicopter pilot Gary Hoffmann, above, took his passengers for a scenic tour, including a close-up view of a pilot, below.



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Rec centre has a lot to offer

By LISA BUCKER

The Cowanville College recreation centre provides a great opportunity for new students to become involved, meet new people and get active. All you need is a full team. Once campus students come to your school as you can purchase a membership.

Full time team campus students pay a number of recreational fees including a non-refundable fee of around \$125 a year that provides access to the recreation centre for the students you too also offers the cost of the intramural sports athletic program and intramural programs. Students from other campuses can purchase a student membership from the recreation centre for the same price.

Students can participate in recreational, fitness and intramural sports, go skating or play strategy rugby. Students also have access to the weight and cardio room, two squash courts and two



PHOTO BY LISA BUCKER

Mattie Moleki works out as one of the kids at the Cowanville College recreation centre. Students have access to a weight and cardio room as well as squash courts.

ping pong tables and one tennis court. Equipment to use at the facility.

The gym has cardio equipment, including treadmills, rowing machines, tread mills, bikes and stair steppers. As for the weight equipment they have free weights and benches, body part specific strength training equipment, various balls, hula hoops, little balls medicine balls, skipping ropes and bands.

There are more strategy games like chess and a team sport and Katie McCarthy, athletic coordinator. There is a performance based fee for intramural which is returned once the season is complete. It is to ensure the teams are showing up and playing fair. McCarthy said most intramurals cost \$40 but it is \$50 for hockey. The additional entry fee covers each year. Students can also rent a locker for \$15 a month or \$90 a year, but they are responsible for providing their own lock.

For more information call the recreation centre at 518-758-0812.



PHOTO BY LISA BUCKER

The Cowanville Gender rugby team poses for a photo at the school in a group photo last semester. This year will be a rebuilding year.

It's time to try out for a varsity team

Sports include soccer, rugby

By LISA BUCKER

Another school year is underway and that means the Cowanville students are ready to take flight.

Athletes need not waste any time as tryouts for most sports teams start in September.

For up-to-date information on tryout times and process athletes should visit the new site on the Cowanville College website's varsity sports page: www.cowanville.co.za/cowanvillevarsitysports/cowanvillevarsitysports.aspx.

The Cowanville College Athletic Association (COWVAA) competes against other colleges and a few universities across the province.

This will be the last season as part of the COWVAA for the sports of basketball, soccer, the team sport first across play an exhibition games as part of their reconstruction into the world of college sports. The year served as a learning process but the ladies proved they weren't intimidated by more experienced teams at the province.

"We went out to see with some of the better teams in the province," said coach Doug Williams.

The men's team walked through poor attendance and possibly some inexperienced but women that they went down fighting. With two very experienced and powerful coaches, women for this team should be in for a hard time.

The men's and women's sides have some hard battles for the next season but they will be there to see the Panthers through.

The Panthers won the COWVAA championship in the women's

league while the Seneca Stars won all the way to Nationals and proved to be the best team in the country in the men's division.

Cowanville cross-country team has been well stocked the last two years with successful endurance athletes David Steyn and Cowanville athletes of the year for 2002/2003 also managed very well all seasons and finishing first at provincial.

Last year, James Smith finished first at the COWVAA provincial for Cowanville.

Cross-country is a team sport in the COWVAA with each member's time contributing to the overall point score.

The Cowanville Gender women's football team has a history of success in the COWVAA. The team was three-point champion in the last 50s and back to back crown winners in the mid 90s. Unfortunately, they haven't been able to repeat that success in the new century.

The lady's football team competes in a single division with teams from Durbanville, Grahamstown, St. Clair and Midland.

The St. Clair Stars have taken the championship the last two seasons.

Cowanville also competes in basketball where individual goals have been accomplished but the team is still looking to win its first championship.

The men's rugby team struggled last year going winless during the season. The drought should be averted in its experience and lack of attendance.

Cowanville coach Jeff Dreyer says and expect half the team quit before the end of the season.

"They're not for everyone," he said.

Get active and have fun through intramurals

By LISA BUCKER

Starting off the school year can be hectic, and making the transition from high school and living at home to living at school on your own is a huge step. But once you figure out your schedule and become accustomed to your new daily routine, you can add some variety to it.

Cowanville offers many intramural activities for

those who love to play sports throughout the year of the game. The college will be running many different intramural leagues such as ice hockey, ball hockey, soccer, basketball, basketball and rugby. Anyone can sign up to play one of the sports, either as a team or individually.

"Something like we are hoping to do is to run a couple of tournament days throughout the year," said Katie

McCarthy, athletic coordinator. "Probably basketball, basketball and water polo."

Information about how to sign up and when each sport will be running will be posted on the college's recreation online website. www.cowanville.co.za/cowanvillevarsitysports/cowanvillevarsitysports.aspx and recreation centre bulletin boards around the school.

For further information contact McCarthy at 518-758-0812 or recreation@cowanville.co.za.



Wellness to Cowanville's Trades and Apprenticeship Centre - Guelph Campus
for Business, Health Sciences, Native Power and Industrial Trades

Apprenticeship

Advanced Service Technician
Track and Control Technician
Heliwelding
Hotel Refurbisher

Academic & Preparatory Studies

Academic Upgrading
Discover Your Future
Focus for Change

Business

Business Fundamentals
General Business
Office Administration - General
Office Administration - Executive **

Cowanville Centre Centre /

Employment Office
Employment Services

Trades Certificate & Diploma

Native Power Fundamentals
- Automotive Service
- Truck and Coach
- Truck Driver General
Heavy Equipment Operator
Heavy Equipment Technician
Industrial Maintenance Mechanic
Mechanical Technician - Welding
Native Power Fundamentals
Welding Repair
Welding Upgrading Technician
Manufacturing Engineering Technology
- Welding and Fabrication

Continuing Education

Corporate Training

Health Sciences - Personal Support Worker
Off campus: Village of Riverside Glen, Woodlawn Rd

Peer tutors available

By GAILYN WERNER

Students helping their fellow students is the idea behind the various peer tutoring programs available at the Conestoga College Learning Commons.

For those looking for support and help to better understand the key concepts within a particular subject, peer tutoring is offered for a fee of \$15 for five hours of one-on-one help. This service is also available for small groups.

"If you have a few friends who would also like to be involved with the tutoring, you can sign up to work with a tutor as a group," said Amy Gilman, a peer services officer at the Learning Commons.

The tutoring positions are paid jobs and several first-year students are selected based on their first-year academic performance and faculty recommendations. Although most students are approached over the summer about the possibility of becoming a tutor, applications are still accepted in the fall.

"We also have peer-supported learning groups which are led by a tutor, but are for a specific course," said Gilman. "For example, we have a group for anatomy and physiology. Anybody who's in that course and looking for extra help can come out to the session every week and sit in free to them."

Volunteers are also part of the peer education program that matches

native English speakers with English as Second Language students in order to allow the latter an opportunity to practice their listening and speaking skills. In addition to one-on-one meetings, conversation circles allow participants to put together to take part in a larger group discussion.

"The meetings are a chance just to talk and learn some new vocabulary and meet along the way. They also talk about the college and get to know their local community. Usually (ESL students) can get some support in the college."

Volunteers for the various programs also gain a lot from taking part in the peer services programs. Besides the opportunity to give back to the school community, Gilman said that type of volunteering looks good on a resume for those pursuing a career with the public after graduation such as the police service or social workers.

In addition to peer services, the Learning Commons also offers many other programs to assist students in their academic careers including writing skills instruction, extra help with computer applications and learning skills testing.

The Learning Commons is located on South Campus in Room 1A100 and those interested in getting more information or looking to volunteer can do so by telephoning at 519-248-5224 or email at www.conestoga.ca/learningcommons.

TECHNICAL TEAMWORK



PHOTO COURTESY

TechnicalWork, an annual exhibition of first-year technical projects developed and produced by Conestoga students, was held at the college prior to the summer break. Approximately 300 students from a variety of programs, including webdesigning, telecommunications, software engineering and a collaborative construction showed off more than 25 projects. Above, from left, students Stewart Doughty, Ian Pope and Walter Kingsley stand by their project called the Upstream, a miniature machine they designed that is virtually invisible, quietly placing and removing friendly, other team members from the game board.

At Conestoga College
we want you to
Be the difference.
RESPECT

We are proud to have a campus community that is respectful, welcoming and inclusive to all. As we welcome you to our community, it is important for all of us to collectively recognize what Respect looks like in our community.

At Conestoga, Respect is the understanding that we share a common community and a behaviour of civility that we all value.

- We have the ability to agree and disagree civilly
- We consider the needs and rights of all people in the college community
- We do not allow any excuse for disrespect

Through leadership and positive role modeling, we have the opportunity to impact our community and build a respectful environment for everyone.

We encourage you to take a look through the Respect website and see the myriad of resources available for your use and college policies that reinforce our message of Respect.

We already have a proud and respectful community at Conestoga. We welcome you to be a part of that and to be the difference. Respect.

Visit the Respect website!
www.conestoga.ca/respect

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